

# Volunteers Wanted!

at Greenville Aquatics and Fitness Center

## Requirements:

Age: 17-80

Do not currently exercise on a regular basis

Non-member of Greenville Aquatics and Fitness Center

Participate in a fitness profile at beginning and end of program

Follow 6 week training program to include working out 3+ times per week  
(2 classes plus one free personal training session weekly)

Fee: \$45 (includes use of facility and all programs available under regular membership)

Participants successfully completing the Fitness Study Requirements  
will receive an additional 6 weeks of membership FREE



### Program Goals

- Weight reduction
- Body fat reduction
- Strength gains
- Cardio endurance

- All participants working out an average of 3+ times per week for 6 weeks will receive a 6 weeks complimentary membership to the Aquatics & Fitness Center
- No application fees (\$50 savings) will apply
- No additional membership costs (\$46 savings) will apply

## Limited registration

Program dates: February 7 – March 18

For more information, contact Barbara Avery at  
[BAvery@greenvillenc.gov](mailto:BAvery@greenvillenc.gov) or call (252) 329-4041